



SYLLABUS

AU FDNT 230 Nutrition

Nutrition

Consortium of Adventist Colleges and Universities

Instructor Contact

Please refer to course in Moodle for the teacher contact information.

Other Assistance

Username and password assistance	helpdesk@andrews.edu	(269) 471-6016
Enrollment and cancellations	sderegistrer@andrews.edu	(269) 471-6323
Book orders	sdebookstore@andrews.edu	
Technical assistance with Moodle	dlit@andrews.edu	(269) 471-3960
Technical assistance with your Andrews account	andrews.edu/hdchat/chat.php	
Exam requests	sdeexams@andrews.edu	(269) 471-6566
Any other questions: sde@andrews.edu , (800) 782-4769 or (269) 471-6570		

Part 1: Course Information

Course Description

A study of the basic principles of nutrition science, the biochemical functions of various nutrients, the changes in physiological needs with age, and the relationship between nutrition and health. Students needing life science general education credit must also register for the lab

Required Text/Material

Sizer, Francis, & Whitney, Ellie (2010) *Nutrition: Concepts and Controversies* (12th Edition), Stamford, CT. Brooks Cole (Cengage Learning). ISBN-13: 978-0538734943

Credit Hours

This course is offered for 3 semester credits; therefore it is expected that you will spend 135 hours total on this course, 17 hours per week.

Course/Technical Requirements

- Internet connection (DSL, LAN, or cable connection desirable).

Moodle Access

This course is delivered online through Moodle at <http://aumoodle.andrews.edu>

Your username and password are your Andrews username and password. You need to activate your username and password to access Moodle.

Please do this online here: <https://vault.andrews.edu/vault/pages/activation/information.jsp> if you haven't already.

Call (269) 471-6016 or email helpdesk@andrews.edu if you need assistance

Part 2: Course Objectives

- The recommended nutrient intakes and nutrition assessment
- The major sources and the functions of the different categories of nutrients
- Meal planning that is balanced and meets recommended nutrient intakes
- The mechanisms of digestion, absorption, and conversion to energy
- The concepts of energy balance and weight gain/loss
- Special nutrition needs of people in different life stages
- Dietary risk factors
- Principles of food safety and security
- The characteristics of reliable nutrition information

Part 3: Topic Outline/Schedule

Important Note: Activity and assignment details will be explained in detail within each week's corresponding learning module. If you have any questions, please contact your instructor.

Completing Assignments

All assignments for this course will be submitted electronically through Moodle unless otherwise instructed.

Week	Module(s)	Readings/Lectures	Assignments
Intro	Introduction and Orientation	Orientation Writing Expectations	Tell About Me Academic Honesty
1	Lesson 1: Food Choice and Human health Lesson 2: Nutrition Tools Lesson 3: The Remarkable Body	Reading Assignment found in Lesson 1, 2, and 3 Lecture slides Chapter 1, 2, and 3 Supplemental Materials	By Wednesday <ul style="list-style-type: none"> • Assignment 1a • First post in the discussion forum By end of the week <ul style="list-style-type: none"> • Read and respond to discussion forum During the week <ul style="list-style-type: none"> • Assignment 1b • Tutorial Quiz – chpt 1 & 2
2	Lesson 4: The Carbohydrates Lesson 5: The Lipids Lesson 6: The Proteins	Reading Assignment found in Lesson 4, 5, and 6 Lecture materials Supplemental materials	Due by Wednesday: <ul style="list-style-type: none"> • Assignment 2a • First post in Discussion Forum Due by Sunday: <ul style="list-style-type: none"> • Assignment 2b • Post and Respond to the Discussion Forum During the Week: <ul style="list-style-type: none"> • Tutorial Quiz 3, 4, 5 & 6

Week	Module(s)	Readings/Lectures	Assignments
3	Lesson 7: The Vitamins Lesson 8: Water and Minerals	Reading Assignment Lesson 7 & 8	Due by Wednesday: <ul style="list-style-type: none"> • First post in Discussion Forum • Assignment 2c Due by Sunday: <ul style="list-style-type: none"> • Assignment 3a • Post and Respond to the Discussion Forum During the Week: <ul style="list-style-type: none"> • Tutorial Quiz 7, 8
4			During the week <ul style="list-style-type: none"> • Assignment 3b • Midterm Exam
5	Lesson 9: Energy balance Lesson 10: Nutrients, Physical Activity, and the Body's Responses Lesson 11: Diet and health	Reading Assignment Lesson 9, 10, & 11 Lecture materials Supplemental	Due by Wednesday: <ul style="list-style-type: none"> • Assignment 4a • First post in Discussion Forum Due by Sunday: <ul style="list-style-type: none"> • Assignment 4b • Post and Respond to the Discussion Forum During the Week: Tutorial Quiz 9 & 10
6	Lesson 12: Food Safety/Technology Lesson 13: Life Cycle Nutrition	Reading Assignment Lesson 12 & 13 Lecture materials Supplemental	Due by Wednesday: <ul style="list-style-type: none"> • First post in Discussion Forum Due by Sunday: <ul style="list-style-type: none"> • Assignment 5 • Post and Respond to the Discussion Forum During the Week: Tutorial Quiz 11 & 12
7	Lesson 14: Life Cycle Nutrition Lesson 15: Hunger and the Global Environment	Reading Assignment Lesson 14 & 15 Lecture material	Due by Wednesday: <ul style="list-style-type: none"> • First post in Discussion Forum Due by Sunday: <ul style="list-style-type: none"> • Assignments 6a & 6b • Post and Respond to the Discussion

Week	Module(s)	Readings/Lectures	Assignments
			Forum
8	Final Exam		Due by Wednesday: <ul style="list-style-type: none"> • Assignment 6c • First post in Discussion Forum Due by Sunday: <ul style="list-style-type: none"> • Post and Respond to the Discussion Forum During the Week: Tutorial Quiz 13, 14, & 15 Final Exam

Exams

All exams must be supervised by a school or community official, such as a teacher, librarian, registrar, or pastor, who is not related to the student.

The exam request form will be available in Moodle after you have completed the assignments prior to the exam. The student must state clearly on the exam request form the professional status, job title, or any other qualifications of the supervisor that will aid the testing department in the approval process. If you are attending a college or university, you must use the testing center at that institution. A student living near the Andrews University School of Distance Education main office in Michigan must have the exams supervised at the School of Distance Education testing office. However, the exam request should be sent in ahead of time.

An online exam code cannot be sent to a supervisor who has the same address as the student unless the address is known to be that of a school, mission facility, etc.

Students must present photo identification to their supervisor's before taking exams.

Part 4: Grading Policy

Graded Course Activities

Your final grade will be the result of the following items.

Percent %	Description
40	Assignments 1-6
20	Discussion Forums
20	Midterm Exam
20	Semester Exam
100	Total Percent Possible

Viewing Grades in Moodle

- Click into the course.
- Click on the **Grades** link in the Settings Box to the left of the main course page.

Letter Grade Assignment

Letter Grade	Percentage
A	93-100%
A-	90-92%
B+	88-89%
B	83-87%
B-	80-82%
C+	78-79%
C	73-77%
C-	70-72%
D	60-69%
F	0-59%

Part 5: Course Policies

Communication with the Instructor

It is important to remember that while the Internet is available 24 hours a day, your instructor is not. You can expect that your instructor will respond to e-mail message to you within *1 business days* during the week and may not be available to respond on weekends.

Maintain Professional Conduct Both in the Classroom and Online

The classroom is a professional environment where academic debate and learning take place. Your instructor will make every effort to make this environment safe for you to share your opinions, ideas, and beliefs. In return, you are expected to respect the opinions, ideas, and beliefs of other students—both in the face-to-face classroom and online communication. Students have the right and privilege to learn in the class, free from harassment and disruption.

Academic Accommodations

Students who require accommodations may request an academic adjustment as follows:

1. Read the Andrews University Disability Accommodation information at <https://www.andrews.edu/services/sscenter/disability/>
2. Download and fill in the disability form at <http://www.andrews.edu/services/sscenter/disability/accommodationsreqform.pdf>. Preferably type answers. To save a digital copy, 1) print to file and save or 2) print and scan. Email the completed form and disability documentation (if any) to success@andrews.edu or fax it to 269-471-8407.
3. Email sdestudents@andrews.edu to inform the School of Distance Education that a disability has been reported to Student Success.

Commit to Integrity

As a student in this course (and at this university) you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class and also integrity

in your behavior in and out of the classroom.

Honesty

Using the work of another student or allowing work to be used by another student jeopardizes not only the teacher-student relationship but also the student's academic standing. Lessons may be discussed with other students, tutors may help to guide a student's work, and textbooks, encyclopedias and other resource materials may be used for additional assistance, but the actual response must be the student's own work.

Exams must be completed in the presence of an approved supervisor without the assistance of books, notes, devices or outside help unless otherwise specified in the exam directions. The student should have no access to the exam either before or after it is taken. A student who gives information to another student to be used in a dishonest way is equally guilty of dishonesty.

Any violation of this policy will be taken before the Higher Education Academic and Curriculum Committee for appropriate punitive action.

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